

March 2017

Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



National Nutrition Month—Put Your Best Fork Forward

National Nutrition Month is a nutrition education campaign created annually in March by the Academy of Nutrition and Dietetics. This year's theme is "Put Your Best Fork Forward," which acts as a reminder that each bite counts. Making just small changes in our food choices can add up over time. So now is the time to make some small changes to help improve your overall health in a big way.

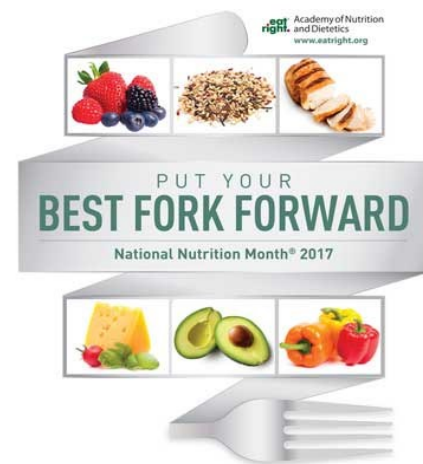
There are several ways you can make small changes that can help you improve your overall health. By adding some of the following tips to your everyday habits, you can be well on your way to a healthier you.

1. It doesn't have to be complicated.

You can start by making healthier food and beverage choices. Instead of soft drinks, increase your water intake. Instead of whole milk, start drinking 1% milk. Instead of sweets use fruit as a dessert. Start limiting fried foods.

2. Think Nutrients instead of "Good" and "Bad" food!

The majority of your food choices should be packed with vitamins, minerals, fiber and other nutrients. If you can not name a nutrient in the food you are about to eat, you may need to avoid it.



3. Focus on variety

A variety of food allows you to receive the most nutrients when you eat. If you eat only corn for vegetable you are missing out on vitamins and minerals you will only find in green vegetables. Make a point to get different colors of fruits and vegetables and different types of protein rich foods.

4. Know your fats.

Look for foods low in saturated fats and trans fats to help reduce your risk for heart disease. Most of your fats should come from monounsaturated and polyunsaturated oils like Olive Oils, Canola Oils, and nuts and seeds.

READING FOOD LABELS

By reading food labels you will be able to make small choices to make a big impact.

Start with the Serving Size— Look for both the serving size for one serving and the number of servings in the package. Always compare your portion size to the serving size on the container. If The label says 1 cup and you ate 2 cups, you are getting twice the calories and fat that is on the label.

Check out the Total Calories and Fat— Find out how many calories are in a single serving and the number of calories that come from fat. Cutting back on calories from fat can help you with your weight.

Daily Values—Daily values are average levels of nutrients for a person eating 2,000 calories a day. If a food has 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat. Percent DV are for the entire day not just for that meal. 5% or less is low in fats and cholesterol is the healthier choice. 20% or more is high. Try to aim high in vitamins, minerals, and fiber.

References:

The Academy of Nutrition and Dietetics—National Nutrition Month

www.eatright.org/resource/food/resource/national-nutrition-month

Total Carbohydrate—There are three type of carbohydrates: sugars, starches and fiber. Select whole grain breads, cereals, rice and pasta plus fruits and vegetables. Sugars occur naturally in foods such as fruit juice. Understand that anyone who has diabetes should be looking at the Total Carbohydrates rather than just the sugar. Just because something states sugar free does not mean it is carbohydrate free. It can still make your blood sugar increase.

Ingredients List—Foods with more than one ingredient must be listed on the package. The list is in descending order by weight. So the first ingredient listed will be what is the largest amount in the product. The ingredient list must also list the most common allergens.

NEW LABEL / WHAT'S DIFFERENT

Servings:
larger,
bolder type

New:
added sugars

Change
in nutrients
required

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Serving sizes
updated

Calories:
larger type

Updated
daily
values

Actual
amounts
declared

New
footnote

Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living

275 East Main Street 3E-E
Frankfort Kentucky 40621
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>